

# Healthy Grocery Staples

## For the Pantry



**An assortment of teas**

**Granola bars** *(at least 3 grams of fiber and protein per serving)*

**Dried fruit** *(small boxes of raisins)*

**Cereal** *(at least 4 grams of fiber per serving)*

**Old Fashioned or Steel Cut Oats**

**Brown or wild rice**

**Barley**

**Quinoa**

**Whole-wheat pasta**

**Wheat crackers** *(with whole wheat flour instead of enriched flour as first ingredient)*

**Tomato sauce** *(check the ingredients—you want a sauce made with only tomatoes, olive oil, and spices—no corn syrup or sugar added)*

**Canned diced or whole peeled tomatoes** *(choose No Salt Added when possible)*

**Canned tuna and/or salmon packed in water**

**Low-sodium canned soups**

**Canned beans – garbanzo (chick peas), pinto, black, kidney, etc.** *(choose No Salt Added when possible)*

**Basic seasonings - salt, pepper, salt-free seasoning mixes, Old Bay, taco seasoning, hot sauce, balsamic vinegar, red wine vinegar, low-sodium soy sauce**

**Healthy oils like extra virgin olive oil, canola oil, and nonfat cooking spray** *(keep oils out of the heat/direct light, in a cupboard, so they do not get rancid)*

**Bananas** *(for a bowl on the counter)*

**Avocados** *(when available)*

## For the Freezer



**Frozen veggies** *(without sauces or seasonings)*

**Frozen fruit** *(without added sugar or syrup)*

**Ground turkey**

**Skinless chicken breasts**

**Frozen cooked shrimp**

**Frozen salmon or other fish**

**100% Whole wheat sliced bread** *(with at least 2 grams of fiber per slice and less than 100 calories)*

**Whole wheat English muffins**

**100% Whole Grain bread rounds**

## For the Refrigerator



**Hummus**

**Eggs**

**Non-fat (skim) or low-fat (1%) milk**

**Non-fat (skim) or low-fat yogurt**

**Non-fat or low-fat (1-2%) cottage cheese**

**Calcium-fortified orange juice (100% juice)**

**Fruits and veggies** (*including staples of apples, oranges, lemons, lettuces, tomato, cucumber*)

**Nuts—almonds, walnuts, or cashews, roasted and unsalted**

**Natural nut butters—almond or peanut**

**Low-fat cheese: reduced-fat cheddar, part-skim mozzarella, or reduced-fat string cheese sticks**

**A block of good Parmesan cheese**

**Firm tofu**

**Extra-lean turkey bacon** (*approximately 20 calories per strip, 1 gram of fat or less, and 3+ grams of protein*)

**Tub-style margarine** (*non-hydrogenated and without trans fats*)

**Mustard**

**Salsa** (*try to buy fresh salsa whenever possible*)